



Tools for Managing Your Health and Well-being

A Stanford University Chronic Disease Self-Management Program

Free workshop!

Class meets once a week for 6 weeks!

Receive a free resource book and relaxation CD!

Workshop details

Where: Westerly Hospital, Nardone Conference Center

25 Wells Street Westerly, RI

When: Every Tuesday for 6 weeks starting October 8th

Time: 1:00pm - 3:30pm

For more information and registration contact:

The Community Health Network at **401-432-7217**
OR email **CommunityHealthNetwork@ripin.org**

Own Your Health

Empowering **YOU** to take charge of your own health by joining a program proven to work.

- Manage symptoms.
- Improve your sleep.
- Manage your medications.
- Eat healthier.
- Improve communications with family and doctors.
- Be more active.
- Use action plans and problem-solving for more confident decision-making.



Yale
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Health
Westerly Hospital

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